

September 2008

Stonham Hedgerow News

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www.stonhamhedgerow.co.uk



"Autumn, the year's last loveliest smile"

William Cullen Bryant..... for us it is all about the apple picking on the farm, and deliveries of plums, greengages, quinces, pears and bramleys. Most of our customers are promoting local products during British Food Fortnight, and there's a list of these events overleaf. We are hopeful that despite the endless gloomy headlines about the

global economy the local foods phenomenon continues to gain interest and support. In fact according to a report published in the journal "Food Policy", local food is more green than organic food; whilst organic farming is also valuable, people can help the environment even more by buying food from within a 12 mile radius. The study found "road miles" account for proportionately

more environmental damage than "air miles". The researchers message to consumers was: it is not good enough to buy food from within the UK – it is better if it comes from your area too. Food miles are more significant than we previously thought and much now needs to be done to encourage local production and consumption of food. " The most political act we do on a daily basis is to eat, as our actions affect farms, landscapes and food businesses"

Enclosed is the new Christmas List (dare we mention the C word?), with some great new lines.



Celebrate British Food Fortnight with The National Trust

Taste local, seasonal food at its finest from
20 Sept to 5 Oct 2008

British Food Fortnight is the biggest national celebration of the diverse and delicious range of food that Britain produces. This gives The National Trust the perfect excuse to celebrate, as local food is at the heart of our restaurants and tearooms.

Hundreds of thousands of visitors enjoy The National Trust's food and drink in the East of England. More than simply offering delicious food, they are committed to producing, selling and promoting seasonal and local food.

Paul Coleman, Catering Operations Manager for the National Trust in the East of England, explains the Trust's food policy: "We want to know where our food comes from and how it is produced, and to share this knowledge with our supporters.

"Wherever possible, our chefs and cooks use produce from our own kitchen gardens and tenant farmers," Paul continues. "By offering this in our restaurants and tea rooms, we share our passion for local, seasonal food. Our scones are a great example. We use flour milled at our own Lode mill at Anglesey Abbey from grain grown at Wimpole. Another popular product is local apple juice, most properties sell juice which has been grown and pressed within ten miles."

One of the benefits of this approach is the investment in the regional economy. In the East of England, The National Trust supports local businesses by contributing over £350,000 to local producers in the region.

Essential to our cream teas is strawberry jam. Suffolk-based Stonham Hedgerow supplies The National Trust in the East of England with jams, marmalade and chutneys made from local fruit. Kathy Neuteboom, MD, says: "When we started working with The National Trust over 12 years ago, it was one of the first big organisations to look for local producers. Supplying both catering and retail operations is great for us, as it gives people the chance to try the products in the restaurant before they buy them in the shop."

Why not use British Food Fortnight as the perfect excuse to sample some National Trust favourites? Find out how they are putting local and seasonal food as a top priority at the historical and inspiring places they look after in the East of England.

British Food Fortnight Events taking place at:
Chilterns Gateway Centre Bedfordshire; Anglesey Abbey, Houghton Mill, Peckover House, Wicken Fen, Wimpole Hall, Cambs; Blickling, Felbrigg, Oxburgh, Sheringham Park, Norfolk; Dunwich Heath, Flatford, Sutton Hoo, Suffolk.



Useful terms and expressions...

Hu - Pardon, I did not hear you. Can also be used as a measurement of level as in "It's on the hu boor"

Rent - To tear as in "Blust youv rent that bugger"

Lun - What you go to school for

Lorst - Not being able to find one's way. Can also be used in sport as in "Norwich lorst foor nil boor"

Stoons - Small objects found on a beach. Can also mean something that all men have!

Spunt - To kick as in "Blast he spunt me in the stoons"

Ho - No

British Food and Tastings Events

Grange Farm Shop, Hasketon 20th Sept

LA Hogue Farm Shop & Delicatessen . 20th and 21st Sept

Anglesey Abbey, Lode 27th and 28th Sept

Notcutts, Woodbridge 3rd - 5th Oct

Rookery Farm, Tattingstone 4th Oct

Cellar and Kitchen Store, Southwold 8th Nov

National Trust Sutton Hoo 15th Nov

Friday Street Farm Shop, Farnham . . . 15th and 16th Nov

Some Statistics about Plastic Bags...

The horror of plastic bags – we notice most farm shops are using the eco-bags, but here are some truly terrifying statistics.....

The world uses 1.2 trillion plastic bags a year, on average about 300 bags for every adult.....each plastic bag is used for an average of only 12 minutes before being discarded.....80% of marine rubbish comes off the land and nearly 90% of that is plastic. Plastic kills at least 100,000 birds, whales, seals and turtles every year; even after an animal dies, its body decomposes so that the plastic is released back into the environment where it can kill again.....

Suffolk Fruit and Trees of Braiseworth Nr Eye IP23 7DS

Have a WIDE SELECTION OF FRUIT TREES FOR SALE including apples, pears, quinces, crab apples & plums.

Please have a look on the internet for full details.

WWW.REALENGLISHFRUIT.CO.UK

APPLE FACTS

The Celtic word for apple, abhall, persists in many place-names, and some towns and cities have particular associations with fruit trees. Norwich was described in Tudor times as 'either a city in an orchard or an orchard in a city'.

Apples originated in the Middle East more than 4000 years ago; fruit and vines have been grown in the UK since the Roman occupation, with specially cultivated apple varieties spreading across Europe to France, arriving in England at around the time of the Norman conquest in 1066. The demise of rural areas and apple growing, commencing in the 13th century with the Black Death, the War of the Roses and repeated droughts, was reversed by Henry VIII who instructed his fruiterer, Richard Harris, to establish the first large scale orchards at Teynham, Kent, scouring the known world for the best varieties.

Longest storage of apples is provided by controlled atmosphere storage - a technique pioneered by IFR scientists. Fruit is sealed in gas-proof refrigerated chambers maintained at the desired temperature with in-store concentrations of gases (oxygen, carbon dioxide and nitrogen) kept at specified levels.

We grow many varieties including Cox's Orange Pippin, Bramley, Conference and Comice pears, Jonagold, Elstar, Suffolk Pink, as well as several exciting new varieties. These include Envy, Jazz, Tentation and Winter Wonder.

Apples are believed to have been the earliest tree to be cultivated and nowadays an estimated 55 million tonnes of apples are grown worldwide every year.

There are more than 7,500 known varieties of apples. One to watch: originally from New Zealand, Jazz Apples are a delicious cross between a Braeburn and a Royal Gala. A Jazz Apple boasts the sweetness of a Royal Gala and the texture of a Braeburn, which have combined to create an apple with attitude which is truly at the top of its tree.

In the spring of 2006, over 200,000 Jazz Apple trees covering some 200 acres were planted around the UK. Millions of pounds were invested in the largest single apple plantation programme ever seen in the British Isles. It is anticipated that by 2012, Britain will be producing a whopping 1.5 million Jazz Apple cases.

Anyone growing Jazz apples is carefully monitored and licensed.

Apple aroma results from subtle blends of the 250 volatile esters, alcohols, aldehydes and essential oils present. Fruit colour comes from traces of chemicals such as chlorophyll, carotenoids and anthocyanins.

About 10% of an apple is made up of carbohydrate. Apples contain dietary fibre in their skins and core. About 4% of an apple is made up of vitamins and minerals. The rest of the apple, more than 80%, is made up of water. A medium-sized eating apple contains about 40 calories. One kilo of fresh apples provides approximately 2100kJ (500 kcal) of energy. Excluding the peel and core of apples from the diet almost halves the amounts of Vitamin C and dietary fibre available in the whole fruit, but makes very little difference to the sugar content.

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